



September 2011

Welcome

To our inaugural edition of the Citizens & Montevue's **Family Ties** newsletter! In the past, we've published 2-3 different newsletters at various intervals.

Since we are all one "family", we have chosen to publish ONE joint newsletter. This will be distributed to all staff, residents, and family members at both Citizens and Montevue the first week of each month.

In order to help us save on postage and printing expenses, please make sure that we have a current e-mail address on file for you so that we may e-mail you the monthly newsletters. If you do not have an e-mail address you will continue to receive your newsletter through the U.S. Postal Service.

This is YOUR newsletter. We would like to feature news and information that would help you to better understand what it's like to work, receive care, or entrust someone into our care. If you have a story idea, news to share, puzzles, games, or cartoons you'd like to see featured, please send an e-mail to Margie Weaver at mweaver@frederickcountymd.gov or Sharon Finnegan at sfinnegan@frederickcountymd.gov or stop by and see us next time you're in the neighborhood.

Facility Progress!



A lot of progress has been made towards the April 2012 move-in for residents! Currently the building area is still classified as a construction site. This means that it is not handicapped accessible at this time. Once the facilities are completed we will schedule tours for residents, their families, staff and the general public. We are anxious to show the new amenities to you, However, we must put safety first...



Dear Residents, Staff, Family and Friends,

The hot humid days of Summer are coming to an end. While we are all busy enjoying the last of family cookouts, vacations, and the remaining flowers that are in bloom, Mother Nature will be soon bring the vibrant colors of Autumn to our doorstep. I look forward to the fresh cool crispness that will soon fill the air. I am excited about everything that the changing seasons have to offer, and I look forward to the many opportunities and activities that we will enjoy during the anxiously awaited Fall Season.

Just as we notice the many changes from one season to the next you might have noticed more changes to our new Montevue/Citizens Campus. The construction of the new facilities is fully underway and progressing rapidly. Happily, our building project is about 75% complete and, provided that there are no weather delays, we expect to move in our new home sometime in April 2012.

This is truly an exciting time for all of us. We have many new faces on Campus, both staff and residents, who are excited and ready to face any and all challenges and the opportunities that come along with this transition. Life as we well know is full of challenges, but together we will turn the challenge of our transition into a wonderful opportunity to unify our facilities and provide Frederick County residents with a state of the art Skilled Care Facility and Assisted Living Facility that they can be proud of. I look forward to working alongside each and every one of you to make this transition a success and make the Montevue /CCRC Campus a wonderful place to live and work !

I offer this final thought, a quote by Henry Ford:

"Coming together is a beginning; keeping together is progress; Working together is success"

Diane Grove



As the Administrator of Citizens, I want you to know that it is truly a privilege to serve the residents, families, and staff that make up our superb community and campus.

Over the past three months, I have sincerely enjoyed the opportunity to nurture wonderful relationships with many of you, while ensuring the highest quality of care and services for our dear residents.

As we prepare to move forward into our new residence in the spring of 2012, I believe that it is all of us working and caring together, not only the bricks and mortar of our new buildings, that will be the foundation of our success. As we live out our mission to provide care and services to the frail and vulnerable, it is the people and the value of our relationships with one another that makes all the difference in the world.

As we embrace the challenges of the present with anticipation of a very, very bright future, I am reminded of the following words which were spoken by one of our dedicated caregivers;

"We come from all over the world to care for you..."

Lou Vogel



The Volunteer Auxiliary of Citizens Care & Rehabilitation Center, was organized in 1976. They are a vital part of the facility. This wonderful group of volunteers enhance the care at the facility by providing the residents with the equipment, and social activities that are needed to improve their quality of life. The Auxiliary members enjoy their time that they spend with the residents. They staff the gift shop, and

have also refurbished the lobby, dayrooms, and indoor garden areas. Through their hard work a van was purchased for resident outings. In partnership with the Activities Department, these ladies are able to provide funding for event menus, refreshments, supplies, gifts and prizes for the many activities and seasonal parties that they host. All activities require the dedication of an amazing group of volunteers, and plus many generous donations made by the community. The Auxiliary meets the 1st Wednesday of every month.

*The heart of a volunteer is not measured in size,
but in the depth of the commitment
to make a difference in the lives of others"*



The Montevue Home Auxiliary was organized in 1959. For over 5 decades these dedicated ladies continue to enhance the lives of the residents. They do this by not only spending time with the residents, but by hosting many social activities, resident outings, and seasonal parties. They make sure that all residents feel special on their Birthdays and make sure

to provide Holiday gifts to all residents. In the past, the Auxiliary has donated equipment and furnishings for the residents rooms and throughout the facility. They work very hard to sponsor the many fundraising events that are needed to subsidize the expenses of these special resident activities. The Auxiliary is thankful for the many community contributions that are used to support their goals. The Auxiliary members meet the 3rd Monday of every month.

Please considering joining either of our Auxiliaries. New members are welcome.

WE ARE THANKFUL FOR THE HARD WORK AND SUPPORT OF OUR AUXILIARIES!!

Dr. Sonja Sperlich

President, Citizens/Montevue Board of Trustees

Sonja Sperlich, Ph.D., has served on the Citizens/Montevue Board of Trustees since June of 2009. She is currently the President of the 12-member Board that works hard to ensure financial sustainability, employee satisfaction, and quality resident care.



Dr. Sperlich is a retired Federal Executive with a background in Medical Anthropology. After retirement, she sought volunteer work that would be both satisfying and rewarding. Dr. Sperlich had a close family member that was in need of quality care for their chronic health conditions. It is for this reason that she fully recognizes the importance of quality, compassionate care. One of her goals as a Board of Trustees member is to work together to insure that all families have access to the same quality care for their loved ones.

Dr. Sperlich was born and raised in Minnesota, and had lived in the Washington, D.C. area since 1959. She came to Frederick, MD in the mid 1990's. Dr. Sperlich is proud to serve as a member of the Citizens and Montevue Board of Trustees. This is an important time in the Citizens/Montevue history. Dr. Sperlich has always enjoyed the sense of family that permeates the two facilities.

We are fortunate to have her at the helm!!

This monthly feature introduces you to some of the hard-working staff members behind the residents' care. This month, meet Montevue staff member; Francine Heaton.

Next month, you'll meet a dedicated Citizens staff member!



Francine Heaton is an Administrative Aide in the Business Office at Montevue Assisted Living. Francine has been with Frederick County Government for 27 years. She was born in Washington D.C and was raised in both D.C. and in Montgomery County before moving to Middletown in 1976. Francine currently resides

in Urbana with Ronnie, her husband of 42 years. They have been blessed with two children and seven grandchildren. The furthest place away from home that she has been is while on a vacation to Montreal, Canada. When not at work Francine enjoys going to the beach, boating, crabbing, sewing, decorating and painting with water colors. What inspires her to do well is seeing positive results for the betterment everyone.

Upcoming Activities at

September!



9/21 evening outing (M&C)

Location Key:

M=Montevue

C=Citizens

Monthly Features @ Citizens

Exercise 3 times a week ☺ Auxiliary – sponsored Bingo every Monday afternoon ☺ Blue Grass Music (live) 1st Thursday evening ☺ Word games every Sunday morning ☺ Catholic Mass the 2nd Monday of the month ☺ Bookmobile every other Monday ☺ Outings & rides several times a month ☺ Coffee & Hot Chocolate Social every Friday morning ☺ Resident choice movie every Saturday afternoon



9/14 @ C

9/15 @ M



9/16 outing (M)



9/27 (M)

9/28 (C)



9/27 (C)



9/20 (C)

Gene on the QChord

How to Reduce Your Risk of Injury from Falling

Did you know that falling down is the leading cause of injury death for Americans age 65 and older? According to the Centers for Disease Control and Prevention (CDC), each year 35 to 40 percent of older adult Americans fall at least once. Falling down is not just the result of getting older. Falling can be caused by a variety of circumstances, and many falling mishaps can be prevented. Here are 4 simple steps you can take to significantly reduce your risk of injury by falling down...

Improve Your Body Balance with Exercise

Having a regular exercise program is also one of the most important ways that people over 50 can reduce their risk of falling. Exercise also makes you stronger and helps you feel better. (Check with your health care provider about the best type of exercise program for you).

Increase Your Rooms' Accessibility and Safety

Remove items you might trip over (such as papers, books, clothes, and shoes) from places where you walk. Keep items you use often within easy reach. As you get older, you'll need brighter lights and should use lamp shades or frosted bulbs to reduce glare. Wear shoes that give good support and have thin non-slip soles. Avoid lightweight slippers (especially backless styles) or athletic shoes with deep treads, which can reduce your feeling of steadiness.



Watch Out for Medication Side Effects

Age can affect the way some medications work in your body, so if you have been taking any over-the-counter medications, it's important to tell your health care provider. He or she will be able to tell you if the over-the-counter medications are still safe for you to take. Look out for drugs--or combinations of drugs--that have side effects including drowsiness or disorientation. These side effects can increase your risk of falling. This is especially important with over-the-counter cold and flu medications, which can often increase drowsiness.

Have Your Vision Checked Regularly

Vision problems can increase your chances of falling. Have your vision checked by an eye doctor every year for early detection and correction of vision problems. If you can't see something, it's harder to avoid it, and this increases your risk of falling.

Montevue & Citizens Joys and Celebrations We'd like to share with you...

- Katrina Robertson's husband won a 2012 Ford Focus while sitting in the "winning chair" at work.
- Francine Heaton's nephew got accepted into Virginia Tech Veterinary School and received his white lab coat and stethoscope.
- Sharon Finnegan celebrated her 2nd wedding anniversary with husband John.
- Dwayne Michaels' nephew made the Catoctin High School Football Team.
- Debbie Sauble is involved with pet rescues of abused and/or neglected animals. She has opened her home to 3 Pomeranian dogs, and 1 cat.
- Kanisha Wilkerson's son just turned 3 years old.
- Mary Ellen Bittner's 10 year old grandson won the 4-H Herdsman of the Year award.
- Debbie Sweeny-Bolin's son graduated from Ft. Benning GA, and is now a member of the U.S. National Guard.
- Stacey Smith welcomed her 2nd grandson, Shane Austin, born on February 14th-Valentine's Day.
- Jenny Webber bought a new car.
- Nancy Knox celebrated a milestone birthday recently—#75—AND got her 25 year County Service award to boot!
- Ruby Browns granddaughter; Junoah turned 1 year old on 8/21/11.
- Stephanie Kopczyk has 3 cats. She brought in their pictures to show the residents. This was a big hit!

CONGRATULATIONS! CONGRATULATIONS!



Service Awards for 2009, 2010, and 2011 were presented to Citizens and Montevue staff by Acting Executive Director Collier Baird, Board of Trustees President Dr. Sonja Sperlich, and Trustees Sue Ferguson & Faye Bevard. Pictured above, left to right, # of years' service in parentheses: (Back Row): Sherry Harris (30), Debbi Talbott (25), Tammy Fike (15), Debbie Sweeney-Bolin (15), Bonita Brandl (10), Jerry Colliflower (25), Buwa Cham (10), Artie Vento (20), Diane Grove (15). (Middle Row): Linda Hofferber (25), Francine Heaton (25), Cindy Peyton (25), Meda Day (10), Sandy Moreland (10), Brenda Drury (20), Janelle Droneberg (10), Fay Scott (25), Jess Horn (25), Marilyn Reedy (10) (Front Row): Clarise Rollins-Swann (25), Jang Reed (20), Ave Holland (10), Heather Ayers (10)

NOT PICTURED: Pamela Brunson(10), Dorothy Harshman (20), Bonnie Robbins (10), Doloris Whipp (20), Kathy Hurtt (25), Terry Carroll (30), Doris Alvarado (10), Jessica Morgan (10), Jennifer Potemra (15), Kelly Spurrier (20), Nancy Knox (25), and Evelyn Thompson (30).

We are all so proud to be part of your careers in caring!



MOLST and Our Residents

The Medical Orders for Life Sustaining Treatment (MOLST) form, is a medical order form signed by a physician or nurse practitioner. The use of a MOLST insures that patients' wishes for their care are honored. MOLST orders about cardiopulmonary resuscitation and other life-sustaining treatments are developed through discussion with a patient or authorized decision maker, reference to a patient's advance directive, and/or a physician's determination of medical ineffectiveness. The use of MOLST becomes effective for health facilities in Maryland on October 1, 2011.

Ten Things Everyone Should Know About Making Health Care Decisions and MOLST

You have the right to:

1. Know about your illness.
2. Know the benefits and risks of your treatment options.
3. Say yes or no to treatment options.
4. Consider future treatment options that you want or do not want to receive.
5. Make your own health care decisions unless doctors certify that you can no longer do so.
6. Make an advance directive. You can write down your wishes for future medical treatments. You may pick someone, called a health care agent, to make decisions for you if you cannot make your own decisions in the future. You can change your advance directive at any time.
7. Have your doctor or nurse practitioner complete a Maryland MOLST order form.
8. Receive a copy of your Maryland MOLST order form with 48 hours after it is completed or sooner if you are discharged or transferred.
9. Review your Maryland MOLST order form with your physician or nurse practitioner.
10. Ask your physician or nurse practitioner about your illness, treatment options, advance directives, and Maryland MOLST.



Always take your advance directive and Maryland MOLST form with you when you see a new doctor or go to a hospital or other health care facility. For more information, you can visit: www.dhmdh.org/marylandmolst or send an e-mail to: MarylandMOLST@dhmdh.state.md.us



During the month of August, we said a final goodbye to several of residents. They will be terribly missed by their friends, caregivers, and families (both by birth and those by choice).

We will remember them fondly and wish them, as well as those missing them, Peace.

If I Had my Child To Raise Over Again by Diane Loomans

If I had my child to raise all over again,
 I'd build self-esteem first, and the house later.
 I'd finger paint more, and point the finger less.
 I would do less correcting and more connecting.
 I'd take my eyes off my watch, and watch with my eyes.
 I would care to know less and know to care more.
 I'd take more hikes and fly more kites.
 I'd stop playing serious, and seriously play.
 I would run through more fields and gaze at more stars,
 I'd do more hugging and less tugging.
 I'd see the oak tree in the acorn more often,
 I would be firm less often, and affirm much more.
 I'd model less about the love of power,
 And more about the power of love